

Test Your Asthma Control

In the past two months, have you:

- ☐ Used your rescue inhaler more than twice a week?
- ☐ Had asthma symptoms more than twice a WEEK during the day?
- ☐ Had asthma symptoms more than twice a MONTH during the night?
- ☐ Been prevented by your asthma from going to work, attending school, playing sports or participating in other activities you enjoy?
- ☐ Been to the emergency room or to an unscheduled visit with your Primary Care Manager?

According to the National Institutes for Health, checking any of the above indicates your asthma may not be well controlled. Please see your primary care provider soon to share your results.

Improve Your Control

- If you smoke, stop! If not, don't start.
- See your PCM regularly.
- Take medications as prescribed.
- Use asthma tools as directed.
- Get educated about asthma control.
- Ask questions.



Important Phone Numbers

Asthma Educator	.288-8136
Appointments	.288-8888
Cancel Appointments	.288-7777
CRDAMC Information Desk	.288-8100
Pharmacy	.288-8800
Refill Pharmacy	.288-8911 or .288-8912

Main Pharmacy at CRDAMC
Monday, Tuesday, Wednesday & Friday
8 a.m. to 7 p.m.

Thursday - 9 a.m. to 7 p.m.

Saturdays & Holidays
8:30 a.m.-5 p.m.

Closed Sunday

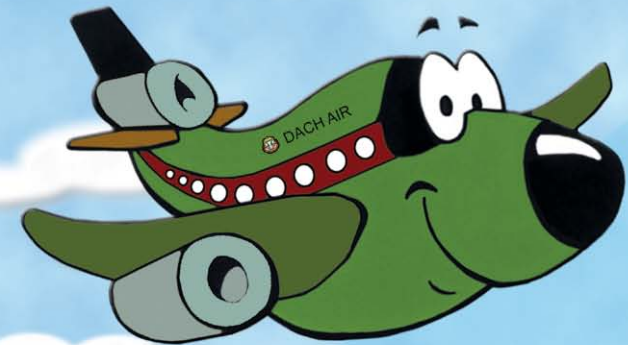


Carl R. Darnall Army Medical Center
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Asthma

Self-Management Program

Come Fly DACH AIR



Keep Your Airways Clear

What is Asthma?

Asthma is a disease that causes blockage of the airways making it hard for the person to breathe. The symptoms of an asthma exacerbation or attack can include shortness of breath, chest pain or tightness, wheezing, coughing, itchy skin, headache, earache, and throat or neck pain. Asthma can be controlled, but there is no cure.

Asthma symptoms are usually brought on by a "trigger." Triggers are things like cigarette smoke, mold, pollen, dust mites, viral infections, animal dander or exercise that make asthma worse.

During an asthma attack, three things happen; the airways swell, tiny muscles around the airways tighten, and mucus forms inside the airways.



What is DACH AIR?

Darnall Area Comprehensive Healthcare Asthma Information & Resources (DACH AIR) is a self-management program offered by Carl R. Darnall Army Medical Center. The program provides education on the tools and skills needed to take control of asthma symptoms.

DACH AIR offers classes to people with asthma and to the caregivers of children with asthma. Individual appointments are also available.

How To Enroll

Ask your primary care manager (PCM) for a referral or call the program coordinator at:

288-8136

Topics Taught

- Asthma Overview
- Common Triggers and Control Methods
- Early and Late Warning Signs
- Peak Flow Monitoring
- Medications
- Inhaler and Spacer Use
- Action Plan

The Asthma Team

DACH AIR uses a team approach to asthma education and awareness. Our instructors include nurses, respiratory therapists, pharmacists, and physicians. You, your primary care provider, and your family are all part of your asthma team.

Asthma Control

When properly treated and following an action plan, people with asthma should be able to do what they want, including exercise, without having a serious attack requiring emergency medical care.

